

Editor in chief MJCP Salvatore Settineri

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**AIP Clinical and Dynamic Section**  
**Proceedings SYMPOSIA**

By Tambelli Renata & Trentini Cristina

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*Department of Dynamic and Clinical Psychology*  
*Sapienza University, Roma, Italy*

***SYMPOSIUM SESSION***

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## C4

### CLINICAL PSYCHOLOGY FOR MEDICAL SETTINGS.

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The symposia focuses on four different studies, which exemplify both the applied extent of clinical psychology and the peculiarity of each specific medical setting. The first contribution, using a longitudinal design, investigates the influence of maternal Body Mass Index (BMI) and maternal emotion regulation skills on the risk to develop obesity and dysfunctional attachment in pediatric age, on a sample of more than 50 women. The second contribution focuses on how to promote lifestyle changes among obese patients during cardiac rehabilitation. Using a retrospective design, the study explores the influence of different psychosocial risk factors on the Quality of Life (QoL) and well-being of obese heart patients when controlled for cognitive deficits. The third contribution investigated the specific impact that alexithymia and psychological distress, together with pain, have on the QoL in patients with Fibromyalgia Syndrome. In particular, the mediation role of depressive symptoms was analyzed in order to deeper the relationship between alexithymia, depressive symptoms and patients' QoL. The last presentation focused on the role of alexithymia in patients with Hepatitis C undergoing to interferon therapy. Specifically this longitudinal study on 111 patients tried to answer to the following issue: can somatic symptoms be considered exclusively a direct effect of the interferon therapy or, does alexithymia, as well as the tendency to somatization, mediate this effect? All the four studies highlight the centrality of the interaction between psychological features and biomedical indexes. Specifically the complex interactions between the mind and the "soma" levels stressed one more time the importance to go beyond the "old", but still diffused, preconception, according to which psychological issues are always a epiphenomenon or, at best, the simple causal consequence of the medical/somatic level.